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### LIFEGUARD/INSTRUCTOR CAMPS

Lifeguard and Instructor Camps are offered for those interested in becoming a certified American Red Cross Lifeguard or City of Covina Lifeguard/Instructor. Course also includes California Title 22 certification. To meet the qualifications for the City of Covina Lifeguard positions, individuals must successfully complete the Lifeguard Camp. Those interested in the Lifeguard/Instructor positions, must successfully complete both the Lifeguard and Instructor Camps.

Certification meets California Public Safety Lifeguard requirements. The certificate allows participants to apply for California's Non-Surf Lifeguard jobs and is required for municipal lifeguard applicants.

### **MANDATORY IN-WATER TEST:**

**Wednesday, February 25, 5 pm at the Aquatic Center (test takes approximately 1 hour)**

### **LIFEGUARD TRAINING**

All classes are 9 am-4 pm.

Saturday, March 7

Sunday, March 8

Saturday, March 21

Sunday, March 22

### **TITLE 22**

All classes are 4-8 pm.

Monday-Thursday, May 4-7

## **INSTRUCTOR CAMP**

All classes are 9 am-6 pm.

Saturday, April 11

Sunday, April 12

Saturday, April 18

### REGISTRATION DEADLINES:

Lifeguard Camp – Thursday, February 26

Instructor Camp - Friday, April 3

### AGES:[] []

15 years or older

(Must be 15 by March 22, 2015, and must show proof of age at time of registration.)

### LOCATION:

Michael D. Antonovich Aquatic Center, Covina Park Plunge, 301 N. Fourth Ave, Covina

### FEES:

\$215 (Cost includes both camps and all class materials); or

\$60 (Instructor Camp Only. Must have current American Red Cross Lifeguard Certification with California Title 22.)

### **REFUND POLICY:**

Refunds must be requested by the Thursday prior to the first day of camp. There is a minimum six-week processing period for all refunds.

### **REGISTRATION LOCATION:**

City of Covina Parks & Recreation Department office at 1250 N. Hollenbeck Avenue, (located between Covina Blvd. and Arrow Hwy.), hours are 10 am-5:45 pm, Monday-Thursday and alternate Fridays, (626) 384-5340.

Please note: A Parent or Guardian must be present at time of registration for participants under age 18.

### **PREREQUISITES FOR LIFEGUARD CAMP:**

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing, using the front crawl, breaststroke or a combination of both. No swimming on back or side. Swim goggles may be used.

2. Tread water for 2 minutes using only the legs with hands under armpits.

3. Complete a timed event within 1 minute, 40 seconds. Swim goggles not allowed. Starting in water, swim 20 yards with face in or out of the water. Surface dive, feet-first or head-first to a depth of 7-10 feet to retrieve a 10-pound object. Return to surface and swim 20

yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface to get a breath (cannot swim the distance under water). Exit the water without using a ladder or steps.

### **EMPLOYMENT INFORMATION:**

Completion of the Lifeguard and Instructor Camps does not guarantee employment with the City of Covina. All candidates that are 15 years old must have completed their sophomore year in high school or minimum of two years in the City of Covina Junior Lifeguard Program in order to be considered for Lifeguard or Lifeguard/Instructor positions. For employment application information, visit [www.covinaca.gov](http://www.covinaca.gov) or call (626) 384-5555. Applications will be accepted from **March 2 through April 3.**